

1: Voegelin E-5 (1931-1933) 1938
NS22 Tūbatulabal NS22

252 wild grapes; green Digger pine nuts; seeds of
262 wild heliotrope, which "smell like pifions, taste
like hot peppers"; leaves, stems of salt grass,
which was eaten plain or rolled in palm of hand
with clover, *Cotyledon laxa*, or *Ellisea membran-*
acea; leaves of *Coreopsis*, wild onion, and fid-
dle-necks; leaves and heads of wild garlic; ten-
der leaves, stalks of clovers. Some greens, etc.,
gathered in quantity by women, brought home and
fed to family raw; these included gooseberries,
tule roots, clover species, young tender stalks
of red thistle, which were gathered before plant
blossomed, and mariposa lily, yambal bulbs; lat-
ter peeled and eaten raw.

252 Manzanita berries crushed with rotary motion
262 on grinding slab or in mortar, made into drink
272 as fully described by Gifford (Gifford, 1932 b,
22, pls. 4b, 5). Dried whole borthorn berries
pounded in pit mortar, treated in similar fashion.
Entire plant of Indian tea and *Monardella candi-*
cans, either dried or fresh, boiled for short
time in water, decoction drunk; sugar now added
to tea from *Monardella*. Salt grass put in pot,
covered with water; when saline crystals had
dissolved in water, grass removed and decoction
drunk. Mint, which grows around springs near
houses, also used occasionally for nonmedicinal
tea. Fermented or intoxicating beverages formerly
unknown.

[273] Manufactured foods and gum.- Honey dew, which
222 is produced in summer by aphids on stalks, leaves
262 of cane (paha-bil), *Phragmites communis* Trin.,
263 utilized as sweet (ha-bišt). Canes cut in July,
258 August, spread out in hot sun to dry; then heaped
on bearskin, "because bearskins are good and
thick for beating," and flayed vigorously with
hardwood stick beaters. Beating caused saccharine
crystals on canes to adhere to bearskin; these
crystals scraped off skin, winnowed on flat tray,
put into small cooking basket, and made into
stiff dough with cold water. Doughy mass removed
from basket with hands, spread on twined tule
tray (fig. 8a); end of tray folded over wet
sweets, and tray put away for 6-7 days to allow
sugary substance to dry. When dry, lumps of
sweet broken off the hard brown loaf with rock
and eaten dry with chia gruel. Presence of excess
of carbohydrate which aphids derive from cane and
are unable to assimilate, leaving it on cane as
honey dew, SM accounted for as follows: "The lit-
tle bugs (tohawal, generic term for insects)
[824] make the sugar on the cane, like bees, and then
they fly away. They do this in summertime, about
in July; they leave a sticky stuff on the cane;
this dries when the cane is out, then is beaten
off by pounding the cane. The bugs aren't on the
cane when it's pounded. It isn't the juice in-
side the cane the bugs get out." Use of honey
171 dew as sweet also noted for Surprise Valley
Paiute (Kelly, 103), Owens Valley Paiute (Steward,
1933, 245), Yavapai and Papago (Gifford, corre-
spondence). Owens Valley Paiute, like Tūbatulabal,

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171 use honey dew which forms on *Phragmites communis*, also on rush, *Juncus*; Yavapai and Papago obtain it principally from willow, but also from cane.

262 Tūbatulabal also occasionally sucked sections of freshly cut cane for its sweetness (SM).

263 Saline crystals which form in dry hot weather on salt grass made into "salt" (tu-t). Salt grass

258 grows in saline areas, on valley floors, at base of foothills; its utilization among Tūbatulabal depended on weather, as "after a rain it takes a month for salt grass to get salt again" (SM).

137 Grass cut, spread out on mats to dry in sun; after grass thoroughly dry same process followed as described above for obtaining honey dew, save that collected crystals made up into balls or flat

272 cakes instead of being spread on tule tray. Chunks equal to 2-3 full tablespoons broken off dry ball,

278 dissolved in cupful of water and drunk either for refreshment or as laxative and to rinse out stom-

757 ach. Salt-grass crystals also obtained by children who took willow switches and "swept" salt grass

with them early on summer mornings; when sufficient quantity of crystals had adhered to stick, child took it to shady spot and licked off crystals. Fresh salt grass soaked in water and this

262 water sprinkled over raw chopped clover, or sprigs of salt grass and clover rolled between hands and

263 eaten. Substance manufactured from salt grass never used to season meat or mushes.

314 Chewing gum made from milky juice of *Asclepias*

824 *erosa* Torr. (pololi-wa-bi-l); stalk of plant cut near top before it blossomed and juice collected in 4-in. tubular sections of jointed stalk of *Eriogonum elongatum gramineum* n. var. Stokes (ined.), (šiko-ništ). Joint of stalk served as natural stopper for bottom end of tubular section; juice run into stalk through open upper end; filled sections of stalk set in hot ashes to roast until plant juice inside has congealed; stalks then cut open, gum removed and chewed. This gum "better than store gum" (ES).

262 Meals. - Meals eaten twice daily around sunrise and before sundown. At morning meal (wi-lil) and

264 evening meal (tu-kil) men, children ate first, then women. Meat eaten at both meals, "if people

445 had it." Men, women used spoons (ta-mil) made from antelope horn (ša-wun) for eating acorn mush

(SM), or wooden spoons (FP); PN said spoons of elk, antelope horn not made. Acorn mush eaten

with fingers (MM). No formula spoken before eating. Children pieced during day; "mothers gave

753 them a cup of chia gruel" (SM). Food rarely eaten after dark as ghosts "come around at night; they

774 might throw something in the food that would make a person sick" (SM, FP). Because strangers poten-

609 tial enemies who might put poison in food, person avoided eating with them. Women when out for day gathering seeds, tending tobacco, etc., took lunch with them which they ate about 10 or 11 a.m.; men hunting deer "didn't take any food; they came home in the evening" (FP).